

Nation

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Aloha antics

by Will Nicholls

Social media erupted in righteous indignation recently after the Journal de Montréal and other Sun Media tabloids harrumphed that officials from the Kativik and Cree school boards had attended the World Indigenous Peoples Conference on Education in Hawaii last May.

The articles questioned whether this is a proper use of public money in an era of cutbacks, characterizing the trip as a sun-filled junket for bureaucrats that won't benefit students. Predictably, the peanut gallery piled on. Coalition Avenir Québec MNA Jean-François Roberge said board members were "paying for luxury trips on the backs of taxpayers."

First, a few facts. The World Indigenous Peoples Conference on Education takes place every three years in a country with a strong Indigenous population and cultural history. The previous conference was held in Peru in 2011. The largest venue for Indigenous education in the world, it attracts top education experts from around the globe to help develop curriculum and teaching approaches that are effective and appropriate for Aboriginal students.

Neither the Inuit nor the Cree chose Hawaii as last year's venue. Nor was it a secret. At last year's Grand Council/CRA Annual General Assembly, CSB Director General Abraham Jolly presented a public report on the CSB's participation in the conference that was broadcast live over the Cree Radio Network. The Cree people were aware of it many months before the not-so-subtly racist sneers published in the Journal de Montréal last month.

As Jolly told the paper, "We are just like Quebec: we want to develop our education system. We've seen Quebec

develop as a nation. Don't you think the Cree should have the same right?"

Indeed, some Canadian government ministries attended the Hawaii conference and hosted workshops. Perhaps their costs should be questioned rather than putting the onus on the CSB to defend its participation in a conference that could be beneficial for our future. Should we only send non-Native government representatives to a conference on Indigenous education?

To ask that question is to answer it. But that didn't stop some of our own self-appointed critics to adopt the right-wing rants we hear on talk radio. One questioned why the Nation didn't jump on the finger-pointing bandwagon to denounce this supposedly terrible waste of money. This person was outraged and even insulted that his "tax dollars" were being spent to have CSB employees attend the conference.

All of us can criticize the use of public monies at one time or another. Each bomb being dropped in Iraq right now by Canadian fighter jets costs more than what it did to send all these people to the conference in Honolulu. We hope our school board officials made good use of the conference, though it's easy to see how some might think of this trip as a free vacation in paradise. But would we rather our educational leaders stayed home because of the optics of the location of this conference?

We don't think so. The Cree have much to learn from the success of other First Nations around the world, and much to share, as well. We are part of a larger world, even parts that have sandy beaches and palm trees.

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Val-d'Or's
anti-racism event

The circles of life and the seasons

by Joshua Iserhoff



It's been quite a journey for all of us! We have gone through many cold mornings together and some local elections. Spring is here, my friends. Although I still see them "whapiyehwj" white ptarmigans feeding off my birch trees out front. I had to shoo them off many times as I was afraid that they would eat off all the buds! I like a tree with leaves... the house is sexier when nature adores it.

Goose break craze is upon us sash. I have seen my coastal friends gearing up for Alfred, Ontario, which may soon be the 12th community of Eeyou Istchee. I am told that Motel Rouleau has been booked solid since last year. Thank goodness for friends who let me crash in the middle of the bed.

I will bring a personal plucker because I won't have CHB Chairman Bella to pluck and clean all my birds this time. I remember those Eastmain ladies at high rock back in the 1980s – man, they were fast pluckers! Fast and Furious Fingers.

As I sit here enjoying green tea in my office upstairs at the Cree Nation Government, many people will have heavy hearts during this spring hunt after losing a loved one. I have heard that some members in Eeyou Istchee will go through a hard time without their longtime cooking and hunting companions.

I will miss Elizabeth Iserhoff of Waskaganish. Back in the 1990s when you entered the community it was the

first house that greeted you. The front yard would always be full of vehicles.

My parents often stopped by for a visit and I would join them. I have never seen so many daughters, sons-in-law, grandchildren and family members enjoy a meal together. All the laughter and joy under one roof was so wonderful to see. I will always remember that beautiful scene of togetherness.

To Freddy Iserhoff and family, keep your joy, keep the family luncheons and keep that spirit of love alive. Many people have seen the family bond, as have I. I will miss your wonderful mom, especially her singing at the local church. She will be greatly missed. God bless you Waskaganish.

As we will hear and see southern birds flock to our trees and greener pastures, we will be reminded that life comes and life goes. That is the circle of every living thing on this beautiful planet. I am moved when I think of the personal legacy that our dear eeyouch leave behind. It flows to the people they have touched and blossoms in the eyes of their children.

It is a powerful awakening when we realize what we want to leave behind. How will people remember you, what legacy would you want for your life?

That's a biggy right there, and a good place to sign off.

I say a prayer for the entire Cree Nation. Agoodah see you in Alfred, Ontario!

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Last minute for first refusal

Northern hunting regulations under JBNQA nearing deadline

by Jesse Staniforth

The Right of First Refusal is set to expire November 15, 2015. At that point, in theory, the Cree, Inuit and Naskapi will no longer be guaranteed the regulation's requirement that 70% of hunting outfitters operating on Category III land under the James Bay and Northern Quebec Agreement be Indigenous.

Of course, this being a legal wrangle involving the JBNQA, nothing about it is simple. What's supposed to follow, according to the Agreement, is a review of "Native people's right of first refusal for outfitting in Category III based on past experience and circumstances including actual and future needs of the Native people and non-Natives."

So Indigenous people in Quebec's North should be consulted on what they've experienced in the past and what they'll need in the future in order to determine the best possible changes to the system over the past three decades.

The Cree, Naskapi and Inuit are united under the banner of the Hunting Fishing Trapping Coordinating Committee, set up as part of the JBNQA to provide Aboriginal peoples leverage and rights over hunting land and wildlife management.

A new agreement between the committee and the Quebec government is the goal. But no one is sure how the process will turn out.

"We're trying to extend [the Right of First Refusal], with the hunting coordinating committee," said Deputy Grand Chief Rodney Mark. "The Cree Nation Government is asking for an extension of six years. The Quebec government wants to do it within three years. The three Native parties don't think three years is going to be enough time to negotiate – but also, we don't even know

what kind of negotiations are going to take place. We don't know what the Quebec government is going to want to see with regard to outfitting camps and the moratorium."

Nadia Saganash, from the Cree Nation Government office in Montreal, says that under section 24.4.9 of the JBNQA, the committee is to be consulted by the Quebec government and may make a recommendation about what they feel is best for their member Nations.

"So they took the initiative to make some recommendations and do a review of the implementation of the right of first refusal on Category III land," she said.

Their main recommendation was that the Right of First Refusal should continue for the next 30 years. They recognized there were some procedural issues that had come into play during the previous 30 years, and they proposed a deadline of 2017 to resolve those issues. Then they submitted these two points to the Quebec government.

"The response from the minister was that they found it difficult to renew the Right of First Refusal for another 30 years not knowing what changes would be made to the Right of First Refusal process as a whole," Saganash said. "At that point we questioned, is this only a procedural issue? Or are we going to be negotiating the right itself?"

Mark said the intent of the Right of First Refusal is to give Crees control of sports hunting through outfitting camps on Category III lands under the JBNQA.

"But also it's to give Native communities the opportunity to run their own outfitting camps," he added. "We're not certain what the Quebec government's intentions are, going into these negotiations. I think there is



pressure to open it up, with the Plan Nord and initiatives like that. But that's the thing: we don't know. We want to be sure we know what's going to be on the table when we sit down to negotiate. That's our biggest concern."

If the only issues that need to be negotiated are procedural details, Saganash said, the negotiations could go quickly.

"But if we go into negotiations about the Right of First Refusal itself, that's another question entirely," she said. "With that uncertainty, what we've recommended is that we have a renewal of at least six years to give us enough time, so we don't have the risk of getting into a void."

Saganash says the Indigenous parties are waiting for Quebec's response. Ideally, the parties would reach an agreement before November to avoid a lapse in the law.

"Quebec has an obligation to negotiate as part of the agreement, and as part of these negotiations there need to be some terms established," said Saganash. "Right now they haven't been. What we're proposing is that we just replace the date of November 10, 2015, with 2021. If we can't even reach an agreement on that, there's going to be a void in regulation and the application of the regime."

In that case, she noted, one option is to ask for a moratorium.

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Cree Nation Government
Gouvernement de la Nation Crie

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New health bill is a concern for Eeyou Istchee

The Cree Health Board has received assurances from high-placed Quebec elected officials that a controversial bill will not result in an exodus of doctors from Eeyou Istchee.

Bill 20 is a province-wide healthcare reform bill that sets quotas on the minimum number of patients doctors must take on.

Cree Board of Health and Social Services Chair Bella Moses Petawabano and Dr. Darlene Kitty, President of the Council of Physicians, Dentists and Pharmacists (CPDP), gave a presentation to the National Assembly on their concerns about the bill, which they argue could be detrimental to the health of northern communities.

Many of the part-time and replacement doctors in Eeyou Istchee do not maintain full-time practices in the south, giving them the flexibility to travel to northern communities. These doctors are a key part of healthcare in many remote Northern communities.

"The requirements would have a negative effect on our part-time doctors. We share the goal of the plan, to improve family medicine," said Petawabano. "The application, in its current form, would result in a massive exodus of doctors."

The representatives noted that a high proportion – 25% – of people in Eeyou Istchee suffer from Type 2 diabetes. If Bill 20 becomes law, some people would be forced to travel south for medical care.

Their presentation gained a sympathetic response.

Health Minister Gaétan Barrette stated Bill 20 will not be applied in its current form to the region, and that considerations and adjustments will be made in the bill to avoid any negative impacts on the Cree.



Deputy Chief of the Nemaska First Nation Greg Alan Jolly

Cree community election results

In a run-off election in **Nemaska** March 25, Thomas Jolly Sr. defeated Matthew Wapachee 177 votes to 143 to become the community's new Chief.

Greg Alan Jolly took the position of Deputy Chief of the Nemaska First Nation. Joining the band council are Walter Jolly, Noreen Moar, Stella Moar and Norman Wapachee.

In **Eastmain**, meanwhile, run-off elections will be held for the positions of Chief and Deputy Chief.

The contenders for Chief are Johnny Tomatuk and Kenneth Cheezoo. Voters go to the polls in Eastmain on April 8. The contest to see who will hold the office of Deputy

Chief is between Emily Whiskeychan and Gregory Mayappo.

Elected Eastmain councillors are Graham Cheezo, Raymond Shanush and Daniel Mark-Stewart.

Ed Note: Clarification

In the brief *Stornoway Stumbles* in the last issue of *the Nation* (Vol 22, No. 10), Stornoway spokesperson Jodi Hackett explained that an award for the company was in recognition of how much money it had raised by the company, and the speech addressed this topic. However, at other workshops and presentations by Stornoway, the relationship the company had with the Cree people, governments and businesses was acknowledged as good by both sides.





Sensitizing the professionals

Val-d'Or celebrates 15 years of cross-cultural solidarity at annual anti-racism event

by Amy German

Val-d'Or's 15th anti-racism campaign focused on sensitizing professionals working in health and social services to the needs and cultures of the First Nations and Inuit living in the region.

The two spokespersons for this year's event were from the health and social services sectors: Dr. Stanley Vollant, an Innu surgeon who visited the Val-d'Or area in 2013 during his Innu Meshkanu Walk, and Jacques Boissonneault, the CEO of the Health and Social Services Agency of Abitibi-Témiscamingue.

According to Edith Cloutier, Executive Director of the Val-d'Or Native Friendship Centre, Vollant and Boissonneault were chosen because of their influential positions in their respective professions. The two participated in various media and social events.

The weeklong activities culminated in the traditional Gabriel-Commanda walk March 20 when an estimated crowd of 1500 from all backgrounds marched shoulder to shoulder against racism in beautiful weather through the streets of Val-d'Or in a celebration of solidarity and culture.

Cloutier said professionals play important roles in addressing discrimination.

"I had the opportunity to make a presentation recently to the 40 department supervisors on the CSSS-Vallée-de-l'Or on the issue of discrimination and how prejudice and racism can have an effect on the quality of services and on the health of Natives in the health system," she noted.

She took the opportunity to distribute 1000 magnets that bore the image for the event's 15th anniversary – a Powwow dancer.



While professionals may have been the focus, the city's youngest members of society were also included as the Friendship Centre distributed a materials kit for teachers at primary and secondary levels that included suggestions for activities on the theme of discrimination and racism.

"We had four schools with three primary levels and one secondary level testing the material this year. We will do an evaluation and try to increase the number of schools

and teachers interested in this material," said Cloutier. "Again this year, we were impressed by the level of preparation of the kids from the schools who came with their posters and banners with positive messages like 'Stop Racism' and 'Happiness can exist only in acceptance'."

And, as art is one of the many ways to transcend cultural barriers, Cloutier said that they added a special concert event with Innu performer Florent Vollant.

Rounding up the end of the march, special performances at an outdoor stage featured traditional Anishnabe drummers, the Screaming Eagles from Lac Simon, a dance performance by Pikogan's Malik Kistabish and non-Native locals the Rolks.

Local Elders spoke just prior to the march. "They shared with the young people a message of hope and friendship, inviting the people that were there to shake hands with another person they didn't know. It was a simple but efficient gesture," said Cloutier.

Feeding the kids

Waswanipi launches free breakfast program

by Josh Grant

Michel Awashish and his friend Waka Hughes – affectionately known as Doctor Waka Waka – recently launched a free breakfast program for Waswanipi schoolchildren in association with the Breakfast Club of Canada.

With the help of the local band council and community volunteers the two men have finally realized their dream of offering a well-rounded meal to kids on their way to school, significantly impacting their success and behaviour in an educational environment.

After a recent opening celebration, complete with a ribbon cutting and prayer ceremony, the Breakfast Club of Waswanipi now offers a free breakfast to students and the occasional parent from 7:30 to 8:30 am Monday to Friday, not including PED days or statutory holidays.

Awashish says the Breakfast Club is similar to running a restaurant. It requires food permits, training for safety and proper food handling, hygiene protocol for volunteers as well as adherence to a menu provided by the Breakfast Club of Canada.

The simple menu is designed to give students a head start on their school day. It consists of breakfast staples like toast, English muffins, croissants, bagels with cream cheese or jam, yogurt, oatmeal, cereal and cheese.

As part of his obligations to the parent organization, Awashish keeps track of how many students eat meals each day the club is open. He records their age and their academic performance over the school year, then forwards the data to the Breakfast Club of Canada. This allows the



CLUB
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Breakfast Club to determine the effectiveness of their program and consider future adjustments to the service.

In 2013, Hughes – then working as a teacher in Waswanipi – and Awashish recognized the needs of some families in the community and decided to do something.

“Waka Waka – as we call him – saw the situation some of the kids he was teaching were in so we started making breakfast for children on Saturdays and Sundays. We used our own money, had a lot of help and support from other community members and would usually offer some sort of activity to entertain the kids,” Awashish explained.

Once Awashish and Hughes we heard about the Breakfast Club of Canada’s program they applied to the Quebec headquarters in Boucherville for the 2014 school year. However, they did not receive the response they were hoping for right away. They were told there was a waiting list of about 500 schools across Canada.

“They told us we were at the bottom of the list because we didn’t meet certain criteria and we needed to secure financing and support from the community council and the Cree School Board,” explained Awashish. “Even though it’s a free program, we have to finance 20% of the overall cost within the community, locate a building that belongs to the School Board to host the program and find

volunteers who are reliable and punctual. It was not a fast process.”

Over the next few months, Awashish was in contact with the Waswanipi Band Council, the Cree School Board and Serge Rock, a First Nations and Inuit representative for the Breakfast Club of Canada. After assuring he had the support of the community and the School Board for funding and securing the necessary permits and documentation, Waswanipi’s Breakfast Club was finally approved in December. In January, the final preparations and logistics were arranged and a space in an adult education building was allocated to Awashish and his volunteers as the location for the breakfast project.



Volunteers and kids




Grade 4 class making poster showing their appreciation to Breakfast Club of Canada.



Our good friend... Mr. Waka Waka Hughes Pierre Ngatchou (the one who started all this initiative)

photos: Michel Awashish



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Fast forward to March and the program is up and running, having served its first official meal on March 23.

"The Breakfast Club of Canada provided everything," Awashish said. "And when I say everything I mean literally everything except tables and chairs; bowls, plates, utensils, equipment and all of the food we serve to the children. Deliveries come about every two weeks so everything is always fresh and ready to go."

Awashish stressed the importance of Hughes' role in getting the program off the ground and insisted that it's thanks to Waka Waka that everything fell into place. "He's the one who pushed the program," exclaimed Awashish. "Without him this would not have started."

Awashish also noted Hughes' extensive experience in similar endeavours in the United States and his understanding of some families' difficult situations in Waswanipi working as a re-adaptation officer for youth and children.

Waswanipi's Breakfast Club can provide for up to 200 people, which represents 50% of the student population in the community. Volunteers have an incentive program that offers training days, weekend getaways and celebrity appearances based on the results achieved in their location. In short, the breakfast program is a win-win situation for everyone.

"Seeing the kids come in [March 23] was very motivating," said Awashish. "They were happy to have a sense of belonging, a place to call their own. We encourage them to have a good day and to be good to others. We don't just

want to feed them, we also want to pass on positive messages and instill positivity in them before they go to class."

Awashish says now that the Breakfast Club of Canada has approved Waswanipi's initiative, the program is easily renewable every school year as long as they have their 20% funding and enough volunteers to meet the demand. He has already seen a positive impact from the program. Anyone in Eeyou Istchee interested in starting a similar project can contact him at 819 753-2575 (home) or at 514 701-2887 (cell).



Volunteer team: Robin S. Gull, Marcel Isik, Curtis Polson, Michel Awashish

Health food trends

Discovering what this year's Expo Manger Santé et Vivre Vert had to offer

By Amy German

The best place to see what's new in health-food and better-living products is the annual Expo Manger Santé et Vivre Vert, held this year at Montreal's Palais de Congrès March 20-22.

Health food and natural-product industries respond to consumer trends as fickle customers flock towards certain products while rejecting previous favourites, sometimes with little regard for whether there is any truth in their health claims.

In previous years berries were touted as an all-natural miracle food, with syrups and juices being promoted at many booths. This year we saw growth in the popularity of "gluten-free" products.

It seemed that every direction we turned at this show another product was suddenly promoted as gluten-free, even though this is only truly relevant for

those suffering from celiac disease – about 1% of the population.

Gluten, a protein found in wheat, helps bread and other baked goods bind and prevents crumbling. This feature has made gluten widely used in the production of many processed and packaged foods.

Celiac disease produces an inability to absorb nutrients: protein, fat, carbohydrates, vitamins and minerals, which are necessary for good health. Common symptoms are anemia, chronic diarrhea, weight loss, fatigue, cramps, bloating and irritability.

In recent years however, some health gurus have pointed the finger at gluten as if it were some demonic substance responsible for everything from weight gain to bloating to feeling foggy or mentally sluggish. That's why labeling a product as gluten-free has become a powerful new marketing tool.

Our first product encounter was a Quebec-made gluten-free cereal bar called Croque ta vie. It is dairy free, tasty and contains 11 grams of protein per serving. However, at \$10 a bag, these cookie-like bars are more appropriate for those who have specific dietary needs.

www.croquetavie.com

Next up, the Noobox restaurant chain offered a line of seven cooking sauces ideal for Asian stir-fry that will soon be available in regular grocery stores. The gals at the kiosk were handing out chunks of tofu dipped in the sauces with flavours like teriyaki and chili-basil-lemon-grass. Both of the aforementioned sauces were quite tasty and we would definitely give them a second glance on the store shelf.

www.noobox.com

Attracted by rows of small cups of flavoured chopped tomatoes, we decided to stop by La Tapani. According to Paulette, La Tapani "offers flavours for health" by adding herbed salts and other flavour mixes to "enhance" vegetables and dips.

"Health should taste good so I work mainly with garlic flowers and my line here uses freeze-dried garlic flowers," she explained.

Featuring product lines with salt, without salt and some with pepper, when sprinkled on tomatoes these blends are quite tasty and would be ideal to jazz up a plate of vegetables.

www.latapani.com

The Made Good organic granola products line was one of our favourite discoveries last year. They are the perfect school-safe granola treat for your children that – unbe-



knownst to them – contains a serving of vegetables.

Made Good is a family company from Toronto that has been in the business of making bars for 20 years, but this particular brand is less than two years old. The products are peanut-free and feature an added serving of vegetables, upping the nutrition content for this product.

New this year is the Raw Fruit and Nut bars, a gluten-free product geared towards adults. An energy-packed treat for those on-the-go without added sugars or syrups, it was very good. We particularly liked the Brazil Nut Orange flavour.

www.madegoodfoods.com

Keeping on the topic of snack bars, we tried the Simply Veggie Savory Bar, a granola-type snack in a sesame/chive flavour geared at

grownups. Ringing in at 150 calories and featuring five grams of protein, this bar also features five grams of fibre per serving and only four grams of sugar. Though a little odd since you expect a bar to be sweet, this savory treat was quite satisfying and would be an ideal snack in the bush as it is nutritious, and is made from vegetables, brown rice crisps, peanut butter and other natural ingredients.

simplyprotein.ca

Offering an alternative to chemically based bug repellents, the locally based natural cosmetic company Druide has stepped up its citronella product line for those who want to repel insects naturally.

Druide has been making these products since 1979, and they claim tests carried out by Health Canada's



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Health Management Regulatory Agency and two separate universities have confirmed the effectiveness of their repellents.

At the same time, with snow still on the ground, we couldn't try out any of the products in the kit we received at the show. The kit includes an outdoor soap, which is said to have no harmful perfumes and is biodegradable so that it can be used in lakes and rivers, a similar shower gel, a multi-purpose soap for your hands/outdoor gear/clothing and equipment, and an all-natural mosquito repellent spray.

www.druide.ca

If you want to clean your home with natural products, Eco Max was showcasing its many eco-friendly, biodegradable, animal-testing-free products.

"Our products are all natural, contain no perfumes and are made with all essential oils," said Sonia Marchand.

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while we didn't have a washing machine on hand or dishes to test out the efficacy of these products, we appreciated the fact that they do exist and come in laundry soap, all-purpose cleaner, dish soap and automatic dishwasher packet formats for those who prefer natural products to heavy-duty commercial products.

www.eco-max.ca

Theobroma Chocolate was showcasing its many exotic varieties for dark chocolate fans who prefer organic sweets.

"We are one of the only Quebec-made chocolates. Theobroma comes from the ancient

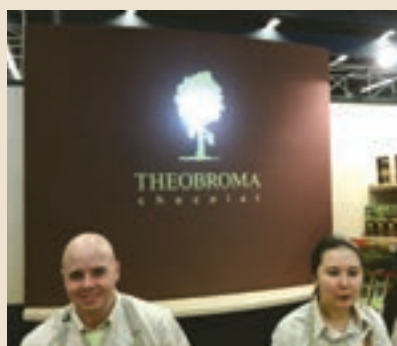
Greek 'theo' for god and 'broma' for food, translating into food of the gods. It is also the scientific name for the cocoa tree," explained Jean.

Theobroma is a family owned company that employs 20 people to create these fair-trade, organic chocolates and chocolate bars that are now distributed throughout Quebec and are sold online. Flavour combinations feature 60% dark chocolate with Himalayan salt, lemon and lime chunks, and jalapeno pepper chunks, which they were sampling that day, Theobroma offers high-end chocolate experiences for the sophisticated palate.

www.theobromachocolat.com

Our next sampling came courtesy of La Grand, a company that started out making natural dips and sauces. They have now moved on to soups, which they were showcasing at the event, giving away tiny warming cups of goodness.

"We have a Tuscan vegetable soup made with lots of white beans, vegetables and millet, an Indian

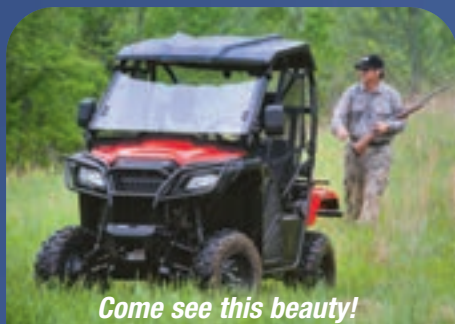




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Dahl, which is a spicy lentil soup made with coconut milk, onions and squash, and then we have a Thai soup that is also made with coconut milk, corn, vegetables and soy. La Grand is an all-natural company based in Blainville, Quebec. All of our products are gluten-free and vegan," said the smiling Arianna.

The Tuscan vegetable and the Indian Dahl enchanted us with their textured and fragrant flavours. A definite treat!

www.maisonlegrand.com

Patrons at this event were predominantly mothers with babies or women in the 50+ crowd in search of a miracle cure that could give them a new lease on life or at least look like they were enjoying one. Catering to them were many natural cosmetics companies. Among them, we decided to check out Keriderm Products.

"Kariderm is a Quebec-based line of natural skin-care products that are all made with Shea butter

(which comes from African Shea trees). We have a line of facial-care, body-care and hair-care products that are all organic.

"These are wonderful for people who have very sensitive and dry skin and are looking for something natural to moisturize with," said the sales rep as she spread the cream onto my hand.

The cream was thick, luxurious and lovely with a buttery scent. I quite liked it, but whether or not it would work better than another similar product remains is hard to say.

www.kariderm.com

For those looking to add nutrition to their regular diets, a wide variety of products, like nutritional yeasts and grains, were showcased. We tried the "Rawsome" whole food meal. A light tasting grainy substance, this product was made from organic sprouted whole flax-seed meal, hemp-seed meal, sprouted chia-seed meal and other vegetables to create a product that contains

seven essential nutrients including vitamins, minerals and Omega-3 fatty acids, plus antioxidants all in one teaspoon.

While it tasted like ground granola, the product was rendered completely innocuous when stirred into yoghurt. It seems like a great idea for moms who want to add nutrients to a picky child's diet or for adults looking to add more zip to their meals.

www.rawsomewholefood.ca

We perused hundreds of products promising everything from improved health, enhanced beauty, peaceful relaxation through massage, to chiropractor treatments amid throngs of miracle seekers.

While we may not have discovered a fountain of youth, many products were promising the same result. Whether they can live up to their claims is in the eye of the consumer.

www.expomangersante.com

All about the bird

New cookbook reveals the versatility of rotisserie chicken

by Amy German

A rotisserie chicken is often seen as a last-minute dinner option. But, to think out of the plastic dome box – so to speak – these birds can actually serve as the foundation for many incredible meals. Eric Akis' latest cookbook is about how to do just that.

The Great Chicken Rotisserie Cookbook addresses how to make a rotisserie chicken at home with all sorts of different seasonings. But it mainly offers different recipes for these already cooked birds and sides to serve with them.

Showing just how versatile one of these succulent little birds can be, Akis' book has recipes for appetizers, soups, sandwiches, wraps, pizza, pasta, rice dishes and imaginative main dishes.

What's ideal about this cookbook is that it's simple and unintimidating, using easy-to-find ingredients to create meals that are healthy, hearty and out-and-out delicious.

With preparations for dishes like Chicken and Fresh Corn Fritters with a Chili Lime Dip or Chicken Quesadillas with Quick Guacamole, you can whet the appetites of your loved ones or bowl everyone over with a crowd-pleasing recipe for Pulled Chicken Sliders on game night.

This book also offers fun and easy-to-make dishes like Mac and Cheese with Chicken and Peas or Chicken and Seven Vegetable Fried Rice that will appeal to the whole family and have them enjoy something that is tasty, satisfying and nutritious.

Also featuring all sorts of recipes for dishes that pair delightfully with your rotisserie chicken creations like fresh pickles, salads that bring together fruit, nuts and cheeses, coleslaw, marinades, roasted vegetables, corn bread and other kinds of rolls, biscuits and breads, The Great Chicken Rotisserie Cookbook isn't just about what to do with leftovers but makes for an impressive guide on how to use your bird as a springboard for a delightful meal.

A great read for anyone just starting out to cook or someone who wants to explore the many innovative things you can do with a rotisserie chicken, this cookbook celebrates these little boxed birds.





Rotini with Chicken, Cauliflower, Arugula and Prosciutto

Savour the flavours of Italy with this corkscrew-shaped pasta tossed with chicken and vegetables and a modest amount of flavour-enhancing prosciutto.

Prep Time: about 15 minutes

Cooking Time: about 20 minutes

Makes 4 servings

30 thumb-size cauliflower florets (about 10 oz/300 g)

$\frac{3}{4}$ lb (375 g) rotini or penne

3 tbsp (45 ml) olive oil

2 cups (500 ml) loosely packed baby arugula or kale or spinach

1 cup (250 ml) diced rotisserie chicken meat

3 thin slices prosciutto, coarsely chopped

1 large garlic clove, minced

Pinches of dried oregano and crushed chili flakes

$\frac{3}{4}$ cup (175 ml) chicken stock

$\frac{1}{3}$ cup (80 ml) freshly grated Parmesan cheese

1. Fill a bowl with ice-cold water. Bring a large pot of water to a boil over medium-high heat. Add the cauliflower and cook until just tender, about 3 minutes.

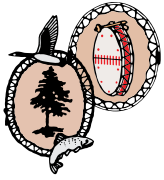
2. Using a slotted spoon, transfer the cauliflower to the ice-cold water, drain well, and set on a plate. Reserve the pot of boiling water.

3. Add the rotini to the pot of boiling water and cook until tender, 8 to 10 minutes.

4. While the pasta is cooking, heat the olive oil in a very large, wide skillet over medium to medium-high heat. Add the cauliflower, arugula (or kale or spinach), chicken, prosciutto, garlic, oregano, and chili flakes and cook, stirring, for 3 to 4 minutes, until the arugula has wilted and the cauliflower is lightly coloured. Pour in the stock and allow to come to a simmer.

5. Drain the pasta well, reserving $\frac{1}{2}$ cup (125 ml) of its cooking liquid.

6. Stir the pasta, reserved cooking liquid, and cheese into the chicken/vegetable mixture, toss to combine, and serve.



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Chicken and Black Bean Chili

Serve this hearty chili with a bowl of tortilla chips or Skillet Cornbread to scoop up the sauce. Garnish the chili with grated Monterey Jack or cheddar cheese, chopped cilantro, and a dollop of sour cream or yogurt. This chili freezes beautifully. Allow it to cool to room temperature, pack it into airtight containers, label and date, and freeze for up to 3 months.

Prep Time: 25 minutes

Cooking Time: about 55 minutes

Makes 8-10 servings

2 tbsp (30 ml) vegetable oil
 1 medium onion, diced
 1 green bell pepper, diced
 1 large celery stalk, diced
 2 garlic cloves, chopped
 1 can (28 oz/796 ml) crushed tomatoes
 1 can (28 oz/796 ml) diced tomatoes

2 cans (each 19 oz/540 ml) black beans, drained, rinsed in cold water, and drained again
 1½ cups (375 ml) beer or chicken stock
 2 cups (500 ml) diced rotisserie chicken meat
 1 tbsp (15 ml) chili powder
 2 tsp (10 ml) ground cumin
 1 tsp (5 ml) dried oregano
 2 tsp (10 ml) hot pepper sauce, or to taste
 1 cup (250 ml) fresh or frozen corn kernels
 Salt and freshly ground black pepper to taste

1. Heat the vegetable oil in a large pot or a Dutch oven over medium heat. Add the onions, bell peppers, celery, and garlic and cook for 5 to 6 minutes, until the vegetables are softened.

2. Mix in the remaining ingredients and bring to a gentle simmer. Partially cover and simmer for about 45 minutes, until the chili is richly flavoured, thickened, and bubbly. Season with salt and pepper, if needed.



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Eight-Vegetable Soup with Chicken

This no-fuss, throw-all-ingredients-in-the-pot, large-batch soup recipe freezes well. That makes it possible to enjoy some now and store the rest for another time when you feel like having a bowl of this nutritious soup. I like garlic and have added three large cloves to this recipe. However, feel free to adjust the amount according to your preference.

Prep Time: 20 minutes

Cooking time: 25-30 minutes

Makes 10 servings

2 medium onions, diced

1 cup (250 ml) fresh or frozen corn kernels

2 medium carrots, halved lengthwise and cut in 1/2-inch (1.25 cm) slices

2 celery stalks, diced

1 medium green bell pepper, diced

3 large garlic cloves, minced

2 medium white-skinned potatoes, cubed

4 medium ripe tomatoes, halved, seeds removed, and
diced

1 1/2 cups (375 ml) diced rotisserie chicken meat

8 cups (2 l) chicken stock

2 bay leaves

1 tsp (5 ml) dried basil

A few pinches of dried, crushed chili flakes (optional)

Salt and freshly ground black pepper to taste

Freshly grated Parmesan cheese, for garnish, to taste (optional)

I. Place all the ingredients except the Parmesan cheese in a large stockpot and bring to a boil over medium-high heat.

2. Reduce the heat to low and simmer gently for 20 minutes, or until the vegetables are tender. Season with salt and pepper. If desired, serve bowls of the soup sprinkled with Parmesan cheese to taste.



Have a happy and prosperous Goose Break.
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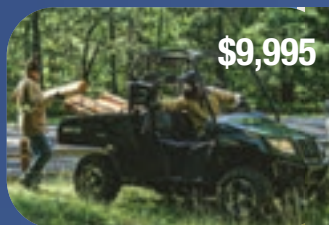
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Speaking youth to power

Aboriginal Youth Forum in Montreal creates space for dialogue

by Jesse Staniforth

“The idea is to work from the bottom up,” said Philippe Tsaronsere Meilleur, executive director of the Montreal Native Community Development Centre (MNCDC), describing the basis for Make Yourself Heard, the first-ever Aboriginal youth forum in Montreal.

Kicking off March 21 at the Montreal Science Centre, the forum was designed to consult with Aboriginal youth from all Nations and backgrounds living in Montreal to find out more about what they wanted and needed. It was jointly hosted by Quebec Native Women and the MNCDC.

“We want to create programs that really correspond to the needs of the youth,” said Meilleur.

Participants tackled a series of issues – and every discussion was being recorded.

The recordings, he said, “will be delivered verbatim to researchers, who will give us conclusions and recommendations based on them.” That’s where working from the bottom up comes in. Meilleur says too often Indigenous organizations impose ideas on youth because they don’t know how to find young people to hear first-hand what they need.

“[Indigenous youth in the city] are spread out on a huge territory and it’s hard to reach them sometimes,” he admits, “but that’s not a good reason for doing top-down kinds of approaches.”

The forum would also be holding an election for a youth council to represent the participants and their wishes. The MNCDC has an official youth representative on its board, and Meilleur said that person is mandated to take direction from the youth council. The role of the youth council will be to “initiate projects and recommend things, and also we’ll try to train them to become delegates on other boards around the city.”

Meilleur was pleased with the turnout, between 70 and 80 people on a wet, slushy day.

In the hall outside the main forum room, partner organizations were set up offering information about their services. Among them

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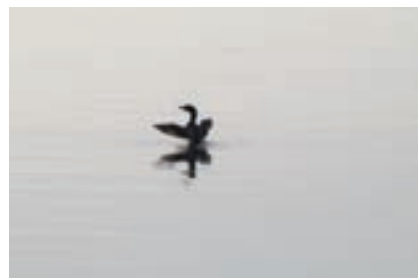
Spring brings an explosion of life to the Eeyou Istchee territory. A team of observers, with help from tallymen, conduct aerial surveys to determine the number and distribution of nesting waterfowl and broods while taking great care not to disturb hunters.



Johnny Minister
Worker, Consortium Otish, Nemaska



Joel George
Tallyman representative, Nemaska



Waterfowl

To watch the video, visit www.hydloandfriends.com

Each month, a new video will be added to www.hydloandfriends.com. To learn more, listen to the Hydlo and Friends radio show on JBCCS. Its hosts, Luke MacLeod and Luc Duquette, discuss the environmental follow-up activities related to the Eastmain-1-A/Sarcelle/Rupert project, as well as the concerns of land users with regard to Hydro-Québec's facilities and activities.

Next show:
Wednesday, April 15,
at 8:00 a.m.



was Quebec Native Women, the event's co-sponsor.

Jaimie Dubé from the First Nations Human Resources Development Commission of Quebec (FNHRDCQ) explained the role her organization plays in helping Indigenous people in urban areas find employment. You don't have to be from a Quebec Indigenous community to get help from their office in Montreal (or their other offices in Val-d'Or, Sept-Îles and Quebec City).

"We have employment development officers who handle our clients who are looking for jobs. We can provide advice and support for people seeking work. We also have a multi-service centre in the office with computer access for online job searching, plus a bulletin board with job offers and information about other programs in Montreal."

She stressed that the FNHRDCQ's on-site employment counsellors provide an array of services to clients, whether clients have a specific employment goal in mind or not. Maybe they want to

go back to school to learn a professional skill, or maybe they're looking for a particular kind of job. Maybe they need any job they can get. Whatever they're hoping for, Dubé said, Indigenous people in Montreal looking for work should contact her organization.

But especially for young people, the organization offers a broad range of services, including arranging general or professional training – with funding for tuition and materials. The FNHRDCQ also offers an Aboriginal-specific version of Emploi-Québec's summer career placement program for full-time students who need summer jobs.

Dubé says her organization is a good option for those who quit high school and now want to get the equivalencies they need for professional training.

"Even if the objective isn't definite," she said, "we can still help that person get a clearer picture of what their options are, and help them get a sense of how to develop their professional potential and also get some experience. It could mean getting a TDG [General

Development Test, which allows people over 18 to access professional training courses], going back to school at the level where they left off, at an adult high school. It could be doing some preliminary courses to get ready to do a TDG test, and after, if the person decides they want to get their DEP [Vocational Studies Diploma], we have access to a variety of DEP programs."

At her table a few booths down, the Montreal Native Friendship Centre's Ashanti Rosado explained that her organization does many similar things to help Indigenous people in the Montreal find and deal with the services they need, and also builds a community with other Indigenous people experiencing the sometimes-alienating world of the urban metropolis.

"Our community is not only Nations from Quebec – it's across Canada," Rosado explained. "It's very diverse and very supportive. I could pretty much say that it becomes a family. You have that sense. Not only of a community of friends, but a real family."

For Crees and other Indigenous people coming into the city, said Rosado, "approaching places like the Friendship Centre is a good start, because you'll find a lot of people sharing the same fears and anxieties about living in the big city. Some people are not sure what to do, and I see many of them end up supporting each other. Those who have more experience share their tricks and the steps to follow. It's definitely something that our staff does, but when your friend tells you about it or is willing to help with the things you have to do, that makes it easier."

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She encourages newcomers to Montreal to drop by the centre and simply say hello, so they can get information on services like education, employment and health care. There's also a social aspect – Wednesday nights are cultural nights with a meal, some arts and crafts and beading, and drum practice. Inuit stone carvers are at the Centre every day teaching the art of stone carving.

"Believe it or not, at the centre we've met Indigenous people from all over the world – like Australia and Finland. It's pretty much the same experience, they feel alienated so they come there to have a

sense of what it's like closer to their own community."

Across the hall, three members of the Canadian Roots project introduced themselves as an accidental display of Indigenous people from around the world coming together. They were Shane Kelsey (an Ojibway from Shore Lake, Ontario), Ivan Arturo (Colombia), and Moussa Sène (Senegal).

Canadian Roots, explained Kelsey, works "to raise awareness about decolonization in Native culture, and help close the gap between non-Indigenous and Indigenous youth."

"For reconciliation between non-Indigenous and Indigenous people, the first step before that is talking about the problem, before we talk about solutions," Sène said. "The relationship between Indigenous people and non-Indigenous people has been greatly impacted by colonization. We have to somehow start talking about the impact of colonization on people – on their history and on their present culture – while also talking about how we can build new relationships that are outside this framework."

He notes that the French colonized his country for more than 200 years. Arturo nodded that the Spanish had colonized his country.

"Creating spaces of dialogue where we can value diversity and Aboriginal culture, and seeing the positive ways in which we empower one another, that's a very good way to share experiences and learn from one another," Arturo said.

Canadian Roots specifically sets up exchanges of Indigenous and non-Indigenous youths throughout Canada to help them understand one another. Sène said that their next exchange, in the coming week, would be between youths in the Mohawk Nation of Kahnawake and young people from Montreal's Côte-des-Neiges neighbourhood, which has a large population of immigrant families from Asia, Africa and the Middle East.

"Of course, the funny thing is when we first met with the youths from Côte-des-Neiges, most of them didn't know what a Native person was," Sène laughed. "They heard about it in class, but they didn't know exactly what it meant. They're coming from far, but we're talking about two communities that are only a 30-minute drive away from one another."

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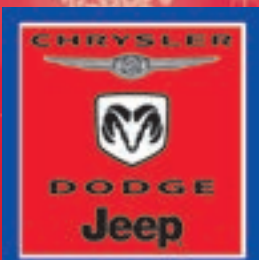


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A Big Heartfelt Thank You

I would like to thank the E.N.C.S. Class of 2015 students, the instructor Carrie Druggett and the Kanawhymigoo Childcare Centre for the recognition of my retirement – 1997-2011.

I was really surprised as I really had no idea that this was happening. I found out about it upon my arrival to the Community Hall with my co-workers Marjorie Mark and Mary Ann Gilpin. They told me there was a table for me and my guests.

It was a wonderful experience working with all the educators and staff at the Childcare Centre. It was especially rewarding to work with the children over these 14 years. These children have always been my pride and joy.

I encourage each educator and everyone who works with children to be the best in what they do.

God bless and thank you again.

Agnes Hughboy
Wemindji

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Happy Goose Break to all!

It's that time of year again when we prepare to go back to the roots of our people and pursue a way of life to pass down to our young hunters.

On behalf of the Cree Nation of Wemindji, we send good wishes to our neighbors throughout Eeyou Istchee for a safe and prosperous spring hunt!

Chief Dennis Georgekishi



Your cup of tea

by Xavier Kataquapit

Tea has been a part of Aboriginal people's diet across North America since the coming of the Europeans. I grew up drinking tea from the time I was a baby, which was the norm for Cree families up the coast. I recall my mom feeding my younger brother Paul with a baby bottle containing tea when I was just a boy. This drink was considered a must in every Cree household and it was shared in a very social way. There was always a huge pot of tea on our stove and it was kept hot and replenished all day.

Today we know tea in so many handy bag forms and we can purchase black, green, caffeinated, non-caffeinated and a number of products based on flowers and herbs. In general, the standard teas are caffeinated and have been used as a sort of energy drink over many years. It was always considered a healthy drink and could warm a person up in cold, damp weather and it provided a bit of a spark of energy when needed. A hot cup of tea for my people was comforting and often it was shared in social circles out on the land around a fire or back home at the kitchen table.

China was the original tea producer and exporter. Tea came primarily from China until the beginning of the 19th century, when India and Sri Lanka also became major tea exporters worldwide under the colonial management of the British and

various other European countries. Tea was a big deal in Europe and an important commodity. Today India is the world's largest exporter of tea.

I recall my parents explaining that during the 1940s and 50s, tea came loose leaf in cans and packages. They talked about buying tea from the Hudson Bay Company that was scooped from large wooden crates into bags. Tea was cheap, easy to carry and something to look forward to when my people were out on the land in the wilderness. In the 1960s, tea was formatted into handy little bags, which made it even easier to consume.

Today tea is still a popular drink among my people, the Cree of James Bay. However, it is a drink preferred mainly by the Elders while younger people now prefer coffee. Coffee has replaced tea in many homes back up the coast, but it still has a place when my people are out on the land. Tea is still the drink of choice when people are gathered around a campfire. I have often found that I prefer tea for its subtler spark of energy as compared to the jolt that coffee provides. Many times over the years when I have not felt well I always turned to tea and a little toast or bread to see me through a flu or cold.

Tea is still considered a more-or-less healthy drink and in the last few decades iced tea has become popular during the summer in North America.

Iced tea is found just about everywhere these days as an alternative to soda drinks, but this tea includes a huge amount of sugar. People tend to think that iced tea is healthier than soda pop, but in reality if you read the ingredient labels you will find that the sugar added is equivalent to popular sodas.

One thing you won't find anywhere on tea package labels is the content of pesticide residue that is found in most teas. These days tea is grown in many countries where there are no strict guidelines and restrictions on the use of pesticides. These toxic pesticides are used to ensure good crop yields of tea plants, but it also makes the resulting tea less healthy to consume.

In research by expert analysis over the past few years it has been found that many tea products exceed the safe amount of pesticides as set out by Canadian regulations. This does not mean that tea in moderate amounts will cause problems for people, however we need to be cautious not to consume too much of this cherished drink in our diet.

We also have to educate ourselves to understand which products have the lesser amount of pesticides so that we can make good choices. You can google "tea and pesticide concerns" and find out for yourself. There was also a CBC Marketplace episode that featured this issue.

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